

10

ways to get your kids to eat more fruits and vegetables

1. Do salad. Let the kids help tear lettuce, peel carrots and snap beans. Pour on a little low fat dressing and let the kids eat all they want.
2. Soup up your meals. Vegetable soups are a great way to eat more vegetables.
3. Thirsty? Try different combinations of fruits or vegetables in your blender. Add a little milk or yogurt for a tasty, healthy snack.
4. Kids love frozen treats. Pour or spoon fruit juice or fruit yogurt in small molds or ice trays. Cover with foil, then cut a small slit, stick in an ice cream stick or spoon inside and freeze.
5. Make fruit kabobs: Skewer a variety of fruit on ice cream sticks and serve as a colorful snack.
6. Dip it. Serve raw vegetables along with a healthy dip.
7. Stir-fry. Heat a little oil in a skillet or wok. Add any of your favorite veggies. Stir and cook until bright and tender crisp. Add lean meat or chicken, spices you like and serve over rice.
8. Hide it. Add shredded or cut up vegetables to favorite foods. Try zucchini in spaghetti sauce, spinach in burgers or meat loaf, even broccoli on pizza.
9. Chart it. Make a food chart for your refrigerator. Let the kids use stickers or checks to chart their progress toward eating more fruits and vegetables.
10. Set an example. Children learn from what we do, not what we say. Eating a healthy diet yourself is the best way to teach your children about foods that are good for them.

Adapted from the Texas Department of Health/WIC Program

Tennessee Department of Health
Authorization No. 343292
No. of Copies 90000
This document was promulgated
at a cost of \$.03 a copy. 05/00 DH-0072
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